

The Week of: Oct. 13, 2021

What's your life like?

Autumn Update / Game!

- Go around the group and have everyone introduce themselves by sharing their name and favorite fall tradition.

Highs and Lows

- Go around the group and have everyone talk about the best thing about the past week and the hardest thing about the last week.

What are we talking about this week?

Bible Verse

Exodus 20:8

Main Point of the Message

We don't need more time in life. We need to learn how to organize our time to be with God live a meaningful life. Sabbath teaches how to do that.

Discussion Questions

- What is your favorite time-waster?
- When was the last time you felt really rested? Where were you? What were you doing?
- Do you feel like you spend a lot of your time restless or restful? Explain your answer.
- How would you define worship?
- Do you think living restful is a kind of resistance? Why or why not?
- Will you give Sabbath a try? Why or why not?

Now what?

Remember the Sabbath

Over the next week, pick a 24-hour period to simply stop. Spend your time resting, worshipping, and resisting the urge to worry, work, or want. Organize your week to leave space to be with God.